



# ***ANNUAL REPORT 2004-2005***



***Office of Women's Health***  
Indiana State Department of Health

In fulfillment of the requirements of House Enrolled Act 1356 Section 3 (12)

Mitchell E. Daniels, Jr.  
Governor

Judith A. Monroe, M.D.  
State Health Commissioner



# Indiana State Department of Health

*An Equal Opportunity Employer*

The new cardiovascular program rolled out by the Office of Women's Health is a project that will increase awareness and educate the women of Indiana about the leading cause of death among American women: heart disease.

Heart disease strikes women at younger ages than most people think, and the risk rises in middle age. Heart disease can diminish health, well-being, and the ability to do even simple activities like climbing stairs. Two-thirds of women who have heart attacks never fully recover. Once a heart attack has occurred, the risk of having another one increases.

This Heart Truth/WomenHeart program is a combination of two successful national campaigns. Heart Truth is an awareness campaign sponsored by the National Heart, Lung and Blood Institute. WomenHeart is the only patient advocacy organization representing the 8 million American women living with heart disease.

By combining these two campaigns, the Office of Women's Health is focusing on bringing knowledge and understanding of this disease to Indiana women in a meaningful way.

This program will add to the impact of the Office of Women's Health, joining ongoing programs: Indiana Osteoporosis Initiative, JUMP GIRL JUMP!, and Mini-Grant program. It is our goal to have the Heart Truth/WomenHeart program enhance the understanding of heart disease, the #1 killer of women.

Sincerely,

JUDITH A. MONROE, M.D.  
STATE HEALTH COMMISSIONER



## Office of Women's Health

Indiana State Department of Health

Heart Disease among women has thrived in the shadows for too long. It is time to shed some light for women to better see the number one threat to their health. The Heart Truth/WomenHeart program offered by the Office of Women's Health will not only educate and create awareness of the facts of heart disease in women, but it will also provide information and resources. This program will enable women to recognize and manage their risk factors, identify possible symptoms, seek aggressive diagnosis and treatment, and find the much needed assistance for themselves and their families to recover emotionally from the devastating effects of heart disease.

Many women do not recognize symptoms of heart attacks, which may be very different from those men experience. Although chest pain is often reported, women more often describe it as an aching pain that may come and go more than a sharp pain. For this reason, women should be aware to take milder chest pain seriously. Women experience more "atypical" acute symptoms than men. One study found that women were more than twice as likely as men to experience nausea, vomiting, shortness of breath, or indigestion as heart attack symptoms. After hearing many women heart attack survivors speak, each one mentioned feeling an *unusual extreme fatigue*. Because expectations are high for most women, this fatigue is often dismissed as the usual state of busy women and not taken seriously. Research has also shown that women may not be diagnosed or treated as aggressively as men. Also, through the emotional presentations by heart disease survivors, we learn the toll heart disease takes on women and their families and realize the lack of community support for women with this disease.

By combining the Heart Truth awareness campaign with the WomenHeart patient advocacy initiative, the Office of Women's Health is able to offer a more comprehensive approach to the challenge of heart disease among women that brings attention to both the medical aspects as well as the emotional needs that can no longer be ignored.

Sincerely,

Barbara Levy Tobey  
Director

## ***Osteoporosis***

The Indiana Osteoporosis Prevention Initiative, established through the Indiana General Assembly in 1997, was the first major responsibility of the Office of Women's Health. Osteoporosis is a major health threat for women, causing fractures in one of two females over the age of 55 in the United States. Prevention and treatment education was the program's initial objective. Eventually, the Office expanded its objectives to include free screenings to women throughout the state, using an ultrasound bone densitometer. Staff were hired and trained, and in its first year of screenings, the program reached nearly 1,000 women. Since then, the osteoporosis initiative has expanded rapidly. During 2004, some 11,466 women took advantage of the free screenings, and in 2005, more than 6,000 women were reached by mid-May. In more than 6 years, the office has visited 80 of the 92 Indiana counties, screening more than 36,000 women.

National Women's Health Week (May 8-15) was celebrated by having 31 statewide osteoporosis screenings. In other targeted Women's Health Week initiatives, the Office of Women's Health presented the Heart Truth/WomenHeart campaign at the Hilltop Community Center in Valparaiso. A "Lunch and Learn" also featured the Heart Truth/WomenHeart program to 45 participants at the Indiana State Department of Health May 9. Free bone density screenings were also offered. A Governor's Proclamation celebrating Women's Health Week was issued by Governor Mitch Daniels.



Taking advantage of recent research that documents the value of jumping and high-impact exercise in childhood, the Office of Women's Health has developed a new osteoporosis-prevention/physical activity program designed for girls. Research by the University of British Columbia has shown that regular high-impact exercise during adolescence can produce significant increases in bone mass, perhaps enough to delay or prevent osteoporosis later in life.

Jump Girl Jump! was piloted in summer 2004 at the Girl Scouts' Camp Dellwood in Indianapolis. Targeted to 4<sup>th</sup> through 7<sup>th</sup> grade girls, the structured jump rope and nutrition program was designed to build awareness of the importance of physical activity and a diet of calcium-rich foods. With support from the Girl Scouts and Indy Air Bears, a competitive high-energy jump rope team, the program has been offered to hundreds of girls in Indiana. The Centers for Disease Control and Prevention (CDC) has asked for information about the program. The following programs and states have expressed an interest in implementing the Jump Girl Jump! program: Girls' Inc., Indianapolis; Evansville Vanderburgh School Corporation; Girl Scouts of Tulip Trace Council, Bloomington; Illinois Department of Health; Girl Scouts, Glasgow, Kentucky; Barren County School Corporation, Park City Elementary, Kentucky.

## ***Heart Truth/WomenHeart***

This Heart Truth/WomenHeart program is a combination of two successful national campaigns and was implemented by the Office of Women's Health Spring, 2005. Heart Truth is an awareness campaign sponsored by the National Heart, Lung and Blood Institute. WomenHeart is the only patient advocacy organization representing the eight million American women living with heart disease.

The combination of these two campaigns brings the facts of Heart Disease to the audience as well as the personal touch by heart disease survivors. The emotional presentation by survivors tells the intimate toll that heart disease takes on the individual and their families.

## ***Heart Alive!***

Heart Alive! was a six-month worksite wellness program for state employees over age 40 sponsored by the Office of Women's Health with the goal of encouraging healthy lifestyle choices. Participants completed an exercise continuum and nutrition profile and were given six free screenings, courtesy of the Marion County Health Department. Education sessions personalized the information. The following state agencies have participated in the program.

1998-1999	Department of Revenue
2000-2001	Indiana State Department of Health
2002	Family Social Services Administration
2002-2003	Indiana Department of Administration
2003	State Personnel Department and Auditors Office
2004	Indiana State Department of Health

Unfortunately, the results from Heart Alive! were not reliable, consistent, or statistically significant. It's thought that the six-month program probably was not long enough to affect change of behavior in the participants. The program has been discontinued.

## ***Women's Health Mini-Grant Program***

During the 2004 to 2005 grant cycle, 43 mini-grantees were awarded up to \$2,000 each for a total of \$80,000 for events targeting underserved women in their communities. The mini-grantees were encouraged to collaborate with other local organizations to maximize the impact of dollars awarded. Topics included menopause, heart disease, nutrition, physical activity, weight management, diabetes, Jump Girl Jump! program, osteoporosis, and smoking. Techniques used to disseminate information have included speakers, individual counseling, health screenings, educational materials, and displays.

### **2004-05 Mini-Grant Recipients**

Barbara B. Jordan, YMCA  
Boone County Family YMCA/Witham Health Services  
Cass County Health Department  
Decatur County Memorial Hospital/Decatur County  
Family YMCA  
Dubois-Pike-Warrick Economic Opportunity  
Committee, Inc. d/b/a Tri-Cap  
Dunn Memorial Hospital  
Family Health Center of Clark County, Inc.  
Family Service of Bartholomew County, Inc.  
Fayette County Health Department  
Fayette Memorial Hospital Association  
Girl Scouts of Tulip Trace Council, Inc.  
Guadalupe Center  
Health and Hospital Corporation of Marion County  
Health Visions of Fort Wayne  
Hoosier Uplands Economic Development  
Indiana Family Health Council, Inc  
Indy Air Bears  
IU National Center of Excellence in Women's Health  
Jennings County Health Department  
Knox County Department of Health  
Links, Inc. Northern Indiana Chapter  
Madison County Community Health Center  
Miami County YMCA

Middle Way, Inc  
Minority Health Coalition of Elkhart County, Inc.  
Minority Health Coalition of Marion County  
Monroe County Health Department  
Mother & Baby Care of Rush County, Inc. dba Family  
Health Services  
Parkview Noble Hospital Foundation  
Purdue University on Behalf of Purdue University-  
Calumet  
Putnam County Health Department  
Rising Sun Medical Center  
St Joseph Hospital  
St Vincent Hospital and Health Care Center, Inc.  
St. Joseph Health Center of St Joseph Regional  
Medical Center, Plymouth  
Switzerland County Health Department  
The Woman Center and Healthy Teens and Family  
Planning of Howard Regional Health System  
Tipton County Memorial Hospital  
Tri-County Health Coalition  
Trinity Health Clinic  
Union Hospital Maternal Health Clinic  
Warrick County Health Dept  
YWCA of Greater Lafayette

## ***COLLABORATION***

During 2004 to 2005, the Office continued developing its relationships with health-related committees and conferences throughout the state. Office staff sat on various boards and committees to lend leadership expertise, to help set priorities and directions, and to keep the agenda of women's health at the forefront of discussion. Some of those include: Women in Government; Indiana Perinatal Network, State Perinatal Advisory Board; Indiana Nutrition Council; Indiana Coordinated School Health Program Advisory Council; Indiana Breast and Cervical Cancer Program Advisory Council; Indiana Breast Cancer Alliance; Indiana Joint Asthma Coalition; National Center of Excellence in Women's Health, Indiana University School of Medicine; March of Dimes Program Services Committee; Minority Health Advisory Committee; ISDH Employee Incentive Committee.

## ***MENTORING***

To provide educational opportunities for young women in the health care field, the Office of Women's Health has developed a cooperative program with the Indiana University School of Nursing. Second-year nursing students are mentored by and work with staff in the Osteoporosis Prevention Initiative, as well as interns in different areas of ISDH who express an interest in Women's Health. Many of these women attend health fairs and meetings with the staff.

## ***ADVOCACY***

Through its administration of the Sexual Assault Victims Assistance Fund, the Office of Women's Health makes financial assistance available to rape crisis centers in Indiana. The Office designated the Indiana Coalition Against Sexual Assault (INCASA) to receive the funds during 2004 to 2005, and a total of \$33,000 was distributed among 24 rape crisis centers throughout Indiana.

# ***Advisory Board***

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# *Office of Women's Health*

Indiana State Department of Health

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